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10 SURE-FIRE EXERCISES FOR SUPER CHARGING YOUR INTUITION

by Winter Robinson

Winter Robinson, MEd, is internationally recognized as an author, teacher, consultant, and medical intuitive, adept at facilitating the intuitive process, multi-sensory development, and exploring human consciousness. A board-certified therapist, she received her Master's degree from the University of Virginia. She headed up a pilot study facilitating the art of medicine (medical intuition) with medical students at Brown University. For many years Winter was a TMI residential trainer and a research subject in the Institute's lab.

Confessions of a Medical Intuitive

There was a time when I saw medical intuition primarily as a skill, one that I could hone by better learning my unique intuitive language. Now, I realize that's just the tip of the iceberg.

I've been doing this work since 1983. During a Gateway Voyage program at The Monroe Institute, my latent native intuitive abilities kicked into overdrive. Since then I've been on a path of rediscovering awareness again and again. Every moment is new.

Just when I think I have mastered my intuitive language, something will remind me that this pursuit is not about grasping a concept or holding onto a thought or image. I am being led to simply notice the mysterious workings of the universe and know that I am aligning with it. We are not in control of how this vast openness comes through (thank goodness). Each person's unfoldment is completely unique.

Even now, after thirty-five years of training medical and therapeutic practitioners in the techniques of medical intuition, as well as providing medical intuitive readings to individuals, new insights continue to arise. Medical intuition can provide useful information to someone who wants to recognize and understand what their body/health is telling them. But—it tells us so much more about who and what we are.

So, then, how can medical intuition be taught? How can you learn to be effective in the use of your own unique intuitive abilities?

My evolution as a learner and teacher has given me confidence in offering certain specific strategies. Students respond well to these and other techniques—

- Developing intuitive senses of knowing: seeing, sensing/feeling, hearing

- Understanding how to identify specific needs in each of 7 emotional centers (chakras) to target and resolve health problems or challenges in career, relationships, or life purpose
- Recognizing what your body or other people's bodies are trying to tell you by zeroing in on the messages and symptoms of the body
- Identifying nutritional needs for mental, emotional, and physical health conditions.

Maybe a part of you feels drawn to this work. Maybe your inner intuitive is clamoring to take the leap. Try these methods on for size. See how they fit. Then, let your inner wisdom show you the next step.

10 Sure-Fire Exercises for Super Charging Your Intuition:

1. Notice when you have **a bug, or an ache or pain**. Sit quietly and ask "What is it trying to tell me?"
2. **Ask questions of yourself** and notice if you feel/see/sense anything in a particular location of your body. For example, Where do I notice love? Where do I notice fear? ... joy ... sorrow ... etc. Keep notes on the results and repeat the exercise weekly.
3. **Ask for help** from the Unseen. Many individuals feel that they can only ask for help for someone else or for matters of a highly spiritual nature. You are in this physical body for a reason. Your inner voice is part of your physical existence. It has the same interest in mundane matters, such as diet, as in whether you meditate for 40 minutes daily.
4. **Keep a journal**. Writing helps access the intuitive right hemisphere of the brain.
5. **Take guesses**. Guess who will be the next person you'll meet on the street. Will that person be male or female? What will he or she be wearing? Take a stab at how much your grocery bill will be before the receipt is totaled. Notice how often your guesses are correct. Whatever guessing game you play, choose the first thought that comes to you. Pay attention to whether the answer comes as an image, sound, or feeling.
6. This exercise will help you trust your intuition. Ask a clear question. Then write an answer (in list or paragraph form) **using your nondominant hand**. Since you're not trained to write with that hand, you'll be able to avoid rigid, left-brain thinking and reach your intuitive, right-brain ideas.
7. **Pay attention to your dreams**. Formulate a clear question in your mind just before falling asleep. (It can be as simple as, "Should we go to the party Saturday night?") When you awake the next morning, lie still for a while and try to remember your dreams. Write down what you recall, including any thoughts or feelings you had during the

dream. Think about the dream as if it were an answer to your question. If you can't remember your dream, make one up. Dreams and imagination come from the same source.

8. **Use your imagination:** Creativity is the future of the world. Remember that, according to Einstein, "Imagination is more important than knowledge."
9. **Notice what you notice,** what choices you have made. Noticing is searching for an answer to a question. Intuition is recognizing the question you are asking when you notice something. For example, you live in New Jersey, but in your heart, you are carrying the question of where to move. You begin to see the word Virginia everywhere you look. You meet people from Virginia. A Virginia travel package arrives, unexpectedly, in the mail.
10. Know that the information you receive is always valid on some level. **Keep asking. Keep listening. Trust. Enjoy!**

Tap your deepest potential for healing.

Medical Intuition & Symbolic Healing